Beginner's Half-Marathon Trainer: The 14-Week Program to Completing a Half-Marathon in Your Best Time

Jon Ackland

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THE ULTIMATE HALF-MARATHON TRAINING GUIDE FOR EVERYONE

The half-marathon is booming in popularity and it's easy to see why. At just over 13 miles, the race is short enough for beginners but long enough to test even serious runners. So whether you want to compete or just push yourself, the half-marathon offers the perfect challenge. With its can't-fail, 14-week programs, *The Beginner's Half-Marathon Trainer* shows how to run your best time without injury or time-intensive training. By offering several unique programs, it caters to everyone from walkers to competitive racers and teaches you how to:

•**Mentally prepare**

•**Train smarter**

•**Improve speed and endurance**

•**Properly nourish your body**

•**Pace your self**

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